

## WEEKLY SUPPORT MEETINGS

A free caring Family  
Support Group is  
available..

We are a group of parents  
and partners who meet in  
Newport Pagnell on  
Tuesday evenings  
from 7:30 - 9pm

We understand what each  
other are going through.  
We seek to provide a safe,  
confidential and non-  
judgemental environment  
in which we can share our  
experiences so that we can  
become stronger, grow and  
move forward



- Drugs
- Alcohol
- Family
- Support

If you feel you would like to attend  
our support group please  
email: [dafsmk@mail.com](mailto:dafsmk@mail.com) or call us  
on

07598 346244

(you can text or leave us a message  
and we'll get back to you)

We also have a Facebook page:  
'D.A.F.S -Drugs and Alcohol  
Family Support - Milton Keynes'  
(a secure, closed group, monitored  
by our admin team)

## D.A.F.S

### Drugs Alcohol Family Support



A FAMILY SUPPORT GROUP FOR  
DRUG & ALCOHOL ADDICTION

Do you have a loved one  
suffering from active  
addiction?

Is your family being  
affected and are you  
struggling to cope?

YOU ARE NOT ALONE



- **D**rugs
- **A**lcohol
- **F**amily
- **S**upport



## Introduction.....

Firstly a very warm welcome to our family support group.....you have taken your first step to being part of a caring group of people who understand the difficulties you face as the parent, partner or sibling of a loved one in active addiction.

We recognise how difficult it is to take that first step in joining a group like this as it requires a certain level of acceptance of our situations and that is often very painful.

This is a safe place, where you are able to meet and listen to others in similar situations and you are invited to share freely your thoughts and feelings. We do not judge each other but we encourage kindness, empathy, honesty, respect and trust.

Hopefully you will feel a sense of belonging, as well as feeling supported, and realise that you are not alone in this.

The families that attend the group all have loved ones of various ages, from different backgrounds and cultures and often in many different situations.

This is not a fix-it group but we understand the roller coaster of emotions that you will be experiencing. We can help family members to realise that

WE didn't

**Cause** the addiction, WE cannot

**Control** it and sadly WE cannot

**Cure** it.

We will do our best to help you to grow and become stronger so that you can learn ways to cope and navigate through your individual situations and still able to live full and meaningful lives.

Anonymity and confidentiality are key requirements of the group and everything said at our meetings must stay within the group, to protect all attendees.



Together we are stronger and we speak about ourselves as 'Warriors of Hope'.

The important thing is that we understand what our loved ones are going through so that hopefully we can reach acceptance of the situation we find ourselves in.

Only then are we able to start taking back control of our own lives and start to believe that things can be better.